

**IN THE CLAIMS:**

**LISTING OF CURRENT CLAIMS**

Claims 1-15. (Canceled)

16. (Currently Amended) A passive repeating plyometric muscle strengthening method which comprises the following steps:

positioning a trainee on a pedal;

5 adjustably moving the pedal up and down repeatedly under a load for exercising by slipping the pedal over a plurality of upright posts on a surface of a plate seat, and moving the pedal up and down by an electric motor; and

burdening the trainee with a continuous load to perform plyometric and eccentric contraction muscle training in a short time with a large amount of acting units.

17. (Previously Presented) A passive repeating plyometric muscle strengthening method according to claim 16, wherein the step of moving the pedal up and down is set at a speed between 1 and 1000 times per minute.

18. (Currently Amended) A passive repeating plyometric muscle strengthening method according to claim 16, wherein ~~the moving step is carried out by slipping the pedal over a plurality of upright posts on a surface of a plate seat, and moving the pedal up and down by an electric motor and~~ the burdening step includes uses a load bearing rack provided on the upright posts.

19. (Previously Presented) A passive repeating plyometric muscle strengthening method according to claim 18, wherein the step of moving is carried out by setting a rotating rate of the motor between 1 rpm and 1000 rpm.

20. (Previously Presented) A passive repeating plyometric muscle strengthening method according to claim 18, wherein the step of moving is carried out by controlling the rotating rate of the motor by a variable resistance adjuster.

21. (Currently Amended) A passive repeating plyometric muscle strengthening method according to claim 48 16, wherein the step of adjustably moving the pedal utilizes the electric motor to drive a rotating wheel, ~~the~~ a follower rod has a first end linked with the pedal and a second end linked eccentrically to the rotating wheel.

22. (Currently Amended) A passive repeating plyometric muscle strengthening method according to claim 21, wherein the step of adjustably moving the pedal includes adjusting an amplitude of the up and down motion of the pedal.

23-30. (Canceled)